

## HIGHLIGHTS of a successful LOCAL AGENCY project:



## Nutritious Story Time®

Nutritious story time is a unique and successful family nutrition literacy program that encourages parents to read to their children at home, and teaches positive health and nutrition messages to parents and children. A children's book with health/nutrition messages is read by a nutritionist to a group of children, with their parents in the same room. Children then play games, sing songs, and have craft projects that emphasize the theme of the book. While the children are working on a related arts and crafts activity, nutrition information is shared with the parents. Client reaction has been extremely positive.

Nutritious Story Time was created and implemented by a Nutritionist from the Florida Department of Health's Orange County WIC Program as a way to enhance customer service and improve nutrition education in the WIC Program. It has the potential for reducing "no show" rates and improving participation in the WIC program by children over 1 year of age, a group that most typically fails to return to WIC after their first year.

The Florida Department of Health's Orange County WIC Program has received an infrastructure grant from the United States Department of Agriculture to establish a **Nutrition Education Training Center** for Florida WIC staff, for the purpose of teaching Nutritious Story Time to other interested local WIC agency staff, as a way to enhance nutrition education in local WIC programs throughout Florida.

Once a month, the Orange County Nutritionist (who created this program) will be providing a two-day training on Nutritious Story Time to two-person teams from a local agency. There will be one team trained each month, running from August 2005 through September 2006, or until the grant money has been expended. As of December 2005, four counties have been trained—Osceola, Polk, Hernando, and Nassau, and feedback has been very positive. (In addition, four other staff in Orange County had been previously trained.)

Teams who are trained must be committed to implementing Nutritious Story Time in their local agency clinic for at least a year. They also must be willing to train other staff in their agency who wish to implement the program. Each trainee will be required to complete an evaluation of the training. Data is being collected on this project and a final evaluation report will be completed at the end of the grant period.

A "Nutritious Story Time Training Manual 2005-2006" is given to each trainee; the manual contains all the necessary tools to implement the program in his/her local agency. A PDF of this manual can be found at:  
[http://www.doh.state.fl.us/family/wic/Documents/nutritious\\_story\\_time\\_lp.pdf](http://www.doh.state.fl.us/family/wic/Documents/nutritious_story_time_lp.pdf)

For more information on Nutritious Story Time contact:

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